DIAL GOOD NEWS 352-7900 CLASSIFIED GET RESULTS

SACK RACES for children was conducted by Frank Sweet, an activity of the day Saturday, May 20th, at the Grand Opening of Pamplin Community Center.

Pamplin Ruritan Softball Team

Evergreen Ruritan Softball Team

Evergreen Defeated Pamplin in Softball Game

The Pamplin Ruritan Softball Team was soundly defeated by the Evergreen Ruritan Softball Team in a game played at the conclusion of festivities Saturday, May 20th, at the Pamplin Community Center.

The "Old Tin Lizzie" was won by Martha Gaulding of Charlotte Court House.

Vacation Bible School Planned At New Hope

Vacation Bible School will be held at New Hope Baptist Church, Route 24, Vera, June 19 through June 23 from 9 a.m. to 12 noon.

Six year olds are invited to come out and join in the unit, "Learning From The Bible," which includes the Creation story, stories of Jesus' miracles and others. Also Bible learning projects and games will be conducted. Fun for all. The teachers for this group will be Mrs. Lorraine Torrence and Mrs. Phoebe McGill and other workers.

Middle children, grades 3 and 4, of New Hope Vacation Bible School will meet at the same time on the same dates. Their teachers will be Miss Claudine O'Brien and Mrs. Ruth Drinkard and assistants.

The theme for this group is "What Does The Bible Say To Me?" Besides the study of the Bible, there will be many activities to make the week one long to be remembered.

GOOD NEWS FOR HOMEMAKERS

Shirley W. Walton
Extension Agent

Note: Because of many requests on how to handle strawberries, we are again running this information.

Select strawberries with a full red color and a bright luster, firm flesh, and the cap stem still attached. The berries should be dry and clean. Medium and small sized berries may have better eating quality than larger ones. Select fully ripe berries for freezing and for jams. Strawberries for preserves should be firm.

Wash berries in cold water a few at a time before removing cap stems.

FREEZING STRAWBERRIES

Wash berries and remove cap stems. Slice berries into a large measuring cup or bowl. A quart of fresh berries will yield about 1½ pints frozen berries.

Sprinkle sugar over berries - ¾ cup sugar to each quart of sliced berries. Turn berries over and over until sugar is dissolved and some juice is formed. This is called the sugar pack.

Pack berries in containers leaving ½ inch headspace in rigid containers. Seal. Freeze; then store at 0°F. or below.

Strawberries can also be packed in sirup.

Sirup Pack. Make up sirup in advance and allow to cool before adding to fruit. Allow about one-half to two thirds cup of sirup for each pint package of fruit. Be sure the sirup covers the fruit so that the top pieces will not change in color and flavor. A 40-percent sirup is recommended for most fruits. Very mild flavored fruits may need a 30-percent sirup and very sour foods need a heavier sirup.

30-percent sirup - 2 cups sugar, 4 cups water, Yield: 5 cups sirup. **40 percent sirup** - 3 cups sugar, 4 cups water, Yield: 5½ cups sirup. **50 percent sirup** - 4¾ cups sugar, 4 cups water, Yield: 6½ cups sirup. **60 percent sirup** - 7 cups sugar, 4 cups water, Yield: 7¾ cups sirup.

Freezing Whole Berries; Should you want to freeze berries for special occasions or garnishes, you may do so. Wash carefully, caps may be removed or left on the berry. Roll gently in granulated sugar and freeze on a cookie sheet separately. After frozen, carefully pack in containers for storage.

RECIPE OF THE WEEK
STRAWBERRY PIE

1½ cups water
1 cup sugar
2 tablespoons cornstarch

Boil until clear. Add 1 small box strawberry gelatin and juice of ½ lemon or 1 teaspoon pure lemon juice. Chill mixture. Then fold in 1 quart strawberries. Pour in (2) baked pie shells. Keep in refrigerator until ready to use. Top with prepared whipped topping or whip cream. This recipe is a springtime favorite. The pies will keep several days under refrigeration. Because of requests, we are running this recipe again.

Most Students Working Part-Time Do Not File Tax Return

Richmond, VA - Most students who work part-time can take home more dollars in their pay check. Many don't even know it.

That's right. The IRS says that, "Most students earn less than $2,950 a year and do not have to file a tax return. If income tax was withheld, they have to file a Federal Tax return each year to get their money back."

"Instead," says the IRS, "students can have their employers stop deducting the income tax." This means more money in each paycheck.

Students who expect to earn less than $2,950 in 1978 are urged to file a Form W-4 (Emplolyee's Witholding Allowance Certificate) with their employer. Just fill in the word, "Exempt" on line 3. If you have any questions, call the IRS.

Single persons don't have to file a tax return if their income is under $2,950 and their income from interest and dividends is under $750.

NAMED TO ACHS HONOR ROLL

Due to Bernetta Moore's absence from school, her name was not included on the original honor roll list for the past six weeks. At this time we would like to announce that Miss Moore, a senior at ACHS, did make the B Honor Roll. Congratulations.

CVCC Offers Summer Quarters

The CVCC Social Science Division is offering a full schedule this summer quarter. Recent high school graduates can get a headstart on the fall quarter, while some four-year college students may prefer to transfer credit from CVCC to their institution. The division is offering a full year sequence in U. S. History, Western Civilization, U. S.Government, Sociology, and Psychology. Other courses include Beginning and Intermediate Tennis, Human Sexuality, Drug Use and Abuse, Death and Society. Marriage and the Family, Psychology of Aging, Human Relations, Personal Health, First Aid and Safety, Lynchburg History, Colonial Virginia, and American History since World War II.

Advance registration begins May 29; classes start June 16. Tuition is $8.50 per credit hour.

For more information, contact the CVCC Social Science Division at 239-0321.

HOLIDAY LAKE 4-H EDUCATIONAL CENTER TO PROMOTE MILK DRINKING

Holiday Lake 4-H Educational Center, Inc. will again participate in the Special Milk Program sponsored by the U.S.D.A. to promote the consumption of milk by children attending camp.

This program aids the center in providing milk at all meals.

At Holiday Lake 4-H Educational Center, all children receive the same quality and quantity of milk without any additional charge. There is no physical segregation against race, color, or national origin at Holiday Lake 4-H Educational Center.

Eating Well

BY Mrs. Barbara L. Morlang, R.D., Ph.D.
State Nutrition Consultant
Virginia Department of Health

Secretary of Agriculture Bob Bergland has recently established a Human Nutrition Policy Committee to coordinate all of the United State Department of Agriculture nutrition programs. Secretary Bergland states that the nutrition activities which had been conducted by the department for many years needed to be enlarged and strengthened. He emphasized the current widespread domestic and international concern about the food we eat, what it costs, and what its effects are on an individual's health, performance and behavior.

The Human Nutrition Policy Committee will be co-chaired by Carol T. Foreman, Assistant Secretary for Food and Consumer Services, and M. Rupert Cutler, Assistant Secretary for Conservation, Research and Education.

The committee will have the responsibility of recommending to the Secretary all appropriate nutrition policies and programs and avoid duplication.

If you believe that there are nutrition programs which overlap and are not needed, or if you believe that there are programs which are definitely needed in your community, then you should write to either Carol Foreman or M. Rupert Cutler, United States Department of Agriculture, Washington, D.C. 20250.

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